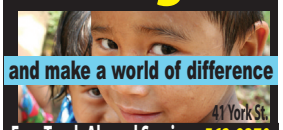
TIGER ADDRESSES CRASH ON WEBSITE, PG 5

Teach English

and make a world of difference
41 York St.
Free Teach Abroad Seminar 562-8370
Tonight Mon. Nov 30th @ 7 pm
Carleton University Room 880 Loeb Bld. D Tower
United TESOL International College of Teacher Training
unitedtesol.com
Next TESOL Course : December 15th - 20th

The world's largest global newspaper
metro
OTTAWA - MONDAY, NOVEMBER 30, 2009
metronews.ca

We remove
Appliances • Old Furniture
Reno Debris • Garen Waste
Electronics • And more!
613.825.0707
Capitaljunk.ca
EXPERTS IN JUNK REMOVAL

Police seek vehicle after fatal collision

CRIME Ottawa police continue to seek a suspect vehicle in a fatal hit-and-run collision at Richmond Road and High Street Friday.

At 4:14 p.m., a motorcycle and a car collided. Paramedics said they arrived at scene to find a 44-year-old male motorcyclist without vital signs. The man had suffered critical head, chest and internal injuries, as well as fractures to his pelvis and both arms. He was declared deceased shortly after arriving at hospital.

Police said the driver of the vehicle fled the scene. A small, dark-coloured four-door vehicle was last seen going northbound on High Street.

Anyone who may have witnessed this incident is asked to call the Ottawa Police Collision Unit at 613-236-1222, ext. 2481, or Crime Stoppers at 613-233-8477 (TIPS).

TRACEY TONG/METRO OTTAWA

ADRIAN WYLD/THE CANADIAN PRESS

Cup Victors

Montreal Alouettes quarterback Anthony Calvillo, right, hoists the Grey Cup with teammate Anwar Stewart after the Alouettes beat the Saskatchewan Roughriders 28-27 in Calgary yesterday. More coverage, page 2, 13.

Thwarted reunion

Complex rules prevent woman from bringing son to Canada

The toys and children's clothes gather dust in a corner of Panita Chumchantha's home in Ottawa, sad remnants of a gleeful shopping spree she embarked on just over a year ago to welcome to Canada the son she hadn't seen in years.

Seven-year-old Tanadon, however, never showed up.

Because she kept his birth from Canadian immigration officials, Chumchantha's efforts to bring the boy to Canada from her native Thailand are being rebuffed on the grounds that he doesn't qualify as a family member.

"I was shocked," said the 31-year-old mother of three. "I just want to be with my son."

Chumchantha's nightmare began when she got pregnant in Thailand while her adoptive sister was trying to bring her and her mother to Canada.

Stung by the cultural stigma that came with being a single mother in a Thai village and with no knowledge of the immigration process, she kept her baby a secret.

When her permanent residency finally came through, Chumchantha made the gut-wrenching decision to leave her son with his paternal grandparents, an arrangement she vowed would be temporary.

Now, four years later, not even a birth certificate or photos have helped as Chumchantha grapples with a complex immigration system that's keeping her from the son she failed to declare to Canadian authorities.

Chumchantha's catch-22 dilemma has struck a chord with Ottawa-Vanier Liberal MP Mauril Belanger, whose complaint is that Canada's immigration system lacks the ability to make exceptions in unique circumstances.

Chumchantha's request to have her case re-examined has already been dismissed. Instead, desperate to experience at least part of her son's childhood, Chumchantha is considering having her husband of two months adopt the child — a lengthy process with a $25,000 price tag and an even higher emotional toll. Thailand requires the birth parents to relinquish all rights to the child in court before a pre-identified child can be adopted.

In the meantime, she clings to the crackly long-distance calls that serve as her only connection to her child.

"When we had the sponsorship denied, he told me, 'You should just put me in your suitcase and take me back,'" she said.

THE CANADIAN PRESS

Climate sentiment strongest in Europe: Poll

EMISSIONS A survey suggests Canadians don't feel as strongly about the environment as Europeans, but sentiment is stronger here than in the United States.

Part of a larger study on climate change that gathered data from Canada, the United States and Europe's five largest countries, including Britain, France, Italy, Spain and Germany, a Harris-Decima poll released yesterday suggests that Europeans feel most strongly about signing a new global pact to control greenhouse gases.

The findings come ahead of a pivotal UN conference in Copenhagen, where countries had hoped to hammer out a new climate-change deal to replace the expiring Kyoto Protocol.

Three-quarters of Europeans surveyed agreed that reaching a deal should be the top, or one of the top, priorities at next month's Copenhagen summit.

Sixty-two per cent of Canadian and 53 per cent of American respondents felt the same way.

Most Canadians (53 per cent) and Europeans (62 per cent) who responded to the survey said they felt the world will be worse off dealing with climate change if a deal isn't reached. Fewer than half of the Americans surveyed — 45 per cent — agreed with that statement.

One thing that Canadians, Americans and Europeans could all agree on in the survey is that they don't want to pay more taxes to reduce greenhouse gases. THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2

Celebrity Buzz pg 18

Lopez facing $100M suit

On the web
Visit metronews.ca for news updates

Downtown BANK
Wellington - Gladstone
open for business!
win $5K in a day!
Find the mystery ballot locations & enter to win
From November 14th to December 2nd... Look for the stores along Downtown Bank Street with the roaming ballot boxes for a chance to win $5K and spend it with us in 1 day! Draw to be held Dec. 2, 09. Visit www.bankstreet.ca for rules.

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local

Police adding more checkpoints

Starting tomorrow, police will be cracking down on motorists who drive impaired and speed. The city's Integrated Road Safety Program is teaming up with CAA North and East Ontario to man additional R.I.D.E. checkpoints throughout the festive season. In 2008, seven people died and 154 others were injured in 373 impaired driving-related collisions, while nine people died and another 990 were injured in 3,592 collisions as a result of drivers exceeding the speed limit or driving too fast for conditions. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

News in brief

ROAD RAGE OPP have charged a 38-year-old man after a road rage incident on Hwy. 417 Thursday. During a stop, a man allegedly exited his vehicle with a machete and hit a vehicle containing three occupants. The man was charged with three counts of assault with a weapon, mischief under $5,000, possession of a weapon for a dangerous purpose, causing a disturbance by screaming, and following too closely. METRO OTTAWA

metronews.ca
What's online today.

Video Stephen Harper stands firm on Canada's climate change targets ahead of the Copenhagen summit at metronews.ca/canada

Lotteries

Friday, Nov. 27
Lotto Max: 11, 15, 24, 26, 37, 38 & 43 Bonus 17
Saturday, Nov. 28
Lotto 6/49: 17, 26, 27, 28, 33 & 49 Bonus 43
Sunday, Nov. 29
Ontario Pick 3: 9 9 9; **Ontario Pick 4:** 4 7 9 8
Encore: 7793737
Daily Keno: 3, 6, 7, 13, 21, 24, 26, 27, 29, 32, 33, 36, 47, 48, 54, 56, 57, 60, 63, 68.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Crime prevention group gets chop

Budget committee votes to save $510K by doing away with lauded project

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Last June, the Ontario Association of Chiefs of Police recognized Crime Prevention Ottawa for the group's work on a project that dramatically improved the fortunes of troubled Vanier neighbourhoods.

While CPO's biggest initiative to date is the Together for Vanier project, Crime Prevention Ottawa executive director Nancy Worsfold said it also created the Ottawa Youth Gang Prevention Initiative, organized public forums and conferences for service providers, and conducted two major research reports, as well as helped to secure nearly $1 million in funding for community organizations from senior levels of government.

"Our job is to build the community's capacity to make the whole community safer and help everyone do their part," she said yesterday. "Our strength is in our partners and working together for a safer Ottawa."

Limit tax increase

- The city is trying to reduce its budget by $58 million to limit the draft budget property tax increase to 3.9 per cent.

But on Friday, the city's audit, budget and finance committee voted to do away with the group in order to slash $510,000 from the city's 2010 budget.

The committee also approved a $3 million in service reduction for OC Transpo, while hiking bus fares by an average of 7.5 per cent starting in March. Instead of hiring 63 new paramedics in 2010, the city will bring on 23.

Bowing to public pressure, the committee did away with proposed user fees for recycling and the Green Bin program. The cost of those programs will be shared by all taxpayers.

The committee also requested that the Ottawa Public Library and Police Services Boards reduce their 2010 budget requirements by $1 million each and that Hydro Ottawa increase its dividend to the city by $2 million in 2010.

Grey Cup **Ridin' it out**

TINA WIECLAWSKI/METRO OTTAWA

Saskatchewan Roughriders fans Bruce Gartner, left, Kevin Deschamps, Ken Noaks, Nathan Olfert and Brandy Harrison, show their "Rider Pride" while watching the Grey Cup. More than 100 Riders fans gathered for a Grey Cup party last night at The Prescott on Preston Street. More, page 13.

Exhibit celebrates health-care workers

TRACEY TONG
tracey.tong@metronews.ca

uOttawa

- The exhibit opens at 6 p.m. at Roger Guindon Hall at the University of Ottawa.

A new exhibition celebrating the work of doctors, nurses, social workers and other health-care practitioners with vulnerable and hard-to-reach patient populations opens at the University of Ottawa tonight.

Beyond Barriers: Photographs from the Frontlines of Health celebrates health-care professionals who work with the isolated, the homeless and the street-involved in street clinics, community health centres, inner city hospitals, mobile outreach units, solo rural practices and remote outposts.

In addition to recognizing the dedication of people who do this work, the exhibit aims to inspire young people, said Wendy Muckle, executive director of Ottawa Inner City Health.

"A lot of people go into medicine for compassionate reasons," said Muckle. Along the way, people may lose their idealism, she said.

"We want to inspire people to take care of people who may not be the easiest to care for," she said.

"The stories the photographs tell are very beautiful and moving," said Muckle. "The photographers did a great job of capturing the relationship between people who are providing and receiving care."

In working with vulnerable populations, the doctor's ability to have an impact on patients "is not predicated on how clinically confident you are," she said. "It's based on your ability to establish a relationship with them. If you can't establish the relationship, it doesn't really matter what you do — it doesn't have impact."

Opera on the Hill to receive politicos onstage

Politicians Bob Rae, Lisa Raitt, Elizabeth May and Ottawa Mayor Larry O'Brien will make onstage appearances at the 13th annual Black and White Opera Soiree in the new year.

Hosted by Sheila Copps and Maxime Bernier, the event, entitled Opera on the Hill, features the National Arts Centre Orchestra and the Opera Lyra Ottawa Chorus performing opera's most popular hits.

An annual winter benefit for the National Arts Centre Orchestra and Opera Lyra Ottawa, the event, held Sat. Feb. 27 at the NAC, has raised more than $2.94 million since 1998. All the funds raised stay in the community for education programs as well as training, mentoring and performance opportunities. Get ticket info at www.nac-cna.ca or www.operalyra.ca.

TRACEY TONG/METRO OTTAWA

YEAR END SEAT SALE!
Bearskin Airlines
Let the Bear take you there!
Call 1-800-465-2327 or book online at www.bearskinairlines.com

ONE WAY TO WATERLOO FROM $114!
Getaway one more time this year! Travel before, during or after the holiday season! Every day and every destination is on sale now* for travel through February 28th, 2010. But hurry, sale ends December 13th, 2009.
Student Standby Travel Credits are also on sale and make great Christmas gifts for use over the next 13 months. Call toll free for full details!
WIN A TRIP FOR TWO! Visit www.bearskinairlines.com and register to receive *Bearmail*. One winner is randomly selected every other month!
IT'S ABOUT TIME!
Region of Waterloo INTERNATIONAL AIRPORT
aeroplan Rewarding Life FOR 25 YEARS
*Sale fares vary by flight and day of week, but every day and every flight is on sale now! Savings up to 70% off full fares. Lowest fares require round trip travel and Saturday night stay in most markets. Some markets like Kitchener/Waterloo are one way. Taxes and surcharges are extra. Call for full details!

Prof wins award
Carleton University prof Ted Jackson got the Ontario Medal for Good Citizenship this month.

local 3 METRO OTTAWA

Trafficking a problem here, say experts

TRACEY TONG
tracey.tong@metronews.ca

Last year in Gatineau, police charged a woman with human trafficking.

While most people are aware of trafficking in other parts of the world, some would be surprised that it's not unheard of in the National Capital Region.

"The most common kind of trafficking we hear about in North America is trafficking into the sex trade," said Sheila Smith, director of support services for Persons Against the Crime of Trafficking in Humans (PACT) Ottawa.

While sexual slavery is one of the most lucrative forms of organized crime in the world — "People can be sold over and over again as opposed to drugs or arms, which can be sold once," Smith said — there are other forms.

"It can happen in construction or farming or domestic help," Smith said. "It's a very hidden reality. It happens in Canada and can even happen here in Ottawa."

To mark the International Day for the Abolition of Slavery, PACT Ottawa is hosting its third annual End Slavery Event at the Bronson Centre Wednesday.

"Many people don't know the wide scope of human trafficking," said Smith.

"Many people don't know that there are 700,000 to four million people trafficked in the world."

About 75 to 80 per cent of trafficked persons are women and children, Smith said.

News in brief

SEIZURE Gatineau police seized contraband cigarettes valued at $3,000 after carrying out three search warrants at two residences and a business Friday. A Gatineau man appears in court at a later date to answer to charges of trafficking and possession with the purposes of trafficking.

FRAUD Ottawa police have arrested and charged a Brockville woman after an Ottawa senior was defrauded over a three-year period. Carla Hisko appeared in court here to answer to a charge of fraud over $5,000 and one count of breach of undertaking.

ANIMAL CRUELTY Two Ottawa women have been charged with animal cruelty after 33 cats were removed from a Vanier apartment. Nora Aubrey-Lafreniere, 51 and her daughter, Elissa Aubrey-Lafreniere, 30, appear in court Dec. 17.

METRO OTTAWA

Ottawa

Ottawa River Action Plan

Voice YOUR opinion on the Ottawa River Action Plan

The City has a working plan to protect the Ottawa River. That means cleaner water, safer beaches and a better environment.

Choose Option A, B or C

Three major options are being considered that range in price from $40 million to $2.2 billion. Come to provide your input about which solution is the most sustainable — economically, environmentally and socially.

Why do we need a river plan?

Prior to 1960, cities built sewer systems to carry stormwater and sewage in the same pipe. Ottawa's combined sewer system works well in dry weather. But during heavy rainstorms the volume of stormwater can sometimes exceed the system's capacity, and some wastewater must be released into the Ottawa River to prevent sewer backups. There are three ways the City can reduce overflows. YOUR input will allow us to make the best use of our tax dollars.

Public Meetings • 6 to 8 p.m.

Central
Monday
November 23
Lansdowne Park
Salon E
1015 Bank St.

West
Thursday
November 26
Ron Kolbus
Lakeside Centre
Britannia Park
102 Greenview Ave.

South
Monday
November 30
Nepean Sportsplex
Halls C & D
1701 Woodroffe Ave.

East
Tuesday
December 1
Royal Canadian
Legion (Orléans)
800 Taylor Creek Dr.

Unable to attend? Visit ottawa.ca/riverplan for more information and to submit your comments through an online survey. If you have questions, e-mail riverplan@ottawa.ca

ottawa.ca

City services 3-1-1
TTY 613-580-2401

Read more Metro news online today. Do it daily. metronews.ca

Offer subject to change without notice. *LG Eve available with new activation on any 3-yr. term voice and data plan. Other devices featured available with new activation on any 3-yr. term voice and data plan having min. combined monthly service fee of $45.
© 2009 Rogers Wireless.

Museum removes explosive artifacts

A Newfoundland museum is proving that military history can be a blast. Safety officials gingerly removed 13 pieces of ammunition from display cases at the Royal Newfoundland Regiment Museum after an inspection showed the ordnance might be dangerous. THE CANADIAN PRESS

Canada

Civil suit against Iran begins

A legal showdown is set to take place in a Quebec courtroom this week pitting the government of Iran against the estate of slain photojournalist Zahra Kazemi. The Iranian government will be trying to argue its way out of a $17-million civil suit filed by the family of the Iranian-Canadian photographer. Lawyers for both the Iranian and Canadian governments will argue that Iran cannot be sued under Canada's State Immunity Act, which essentially limits the conditions under which a foreign government can be brought before a Canadian court. THE CANADIAN PRESS

Harper stands firm on Canada's GHG targets

PM says goal is 'virtually identical' to U.S. plan

Maybe minor tinkering, but not a total overhaul.

That's Prime Minister Stephen Harper's assessment of Canada's position on climate change with a pivotal United Nations summit just days away.

The prime minister says Canada's goal for reducing greenhouse gases is "virtually identical" to targets proposed by the Obama administration.

So he says major changes at this stage would put Canada at a disadvantage with its biggest trading partner.

"We may make some minor adjustments, but that will essentially be our target," Harper told reporters on the final day of the Commonwealth summit in Trinidad and Tobago.

"We believe it is essential, given the integration of our two economies, that our targets remain in line."

Climate change has been the dominant issue at these Commonwealth meetings. THE CANADIAN PRESS

m.metronews.ca

ScanLife

Stephen Harper was among the world leaders to give the Ugandan president an earful about a proposed law targeting gays. Scan this barcode for the story.

Harper swipes at opposition

POLITICS Prime Minister Stephen Harper assured Canada's military yesterday that he and most Canadians stand behind them, even if his political opposition does not.

Before leaving the Commonwealth summit in Trinidad and Tobago, Harper took another backhanded swipe at MPs and others who have questioned the handling of prisoners captured during the war in Afghanistan.

"Let me just say this," Harper said during a photo opportunity, "living as we do, in a time when some in the political arena do not hesitate before throwing the most serious of allegations at our men and women in uniform based on the most flimsy of evidence, remember that Canadians from coast to coast to coast are proud of you and stand behind you, and I am proud of you, and I stand beside you."

The statement came in response to questions about Canada's prisoner-exchange practices in Afghanistan and committee testimony from intelligence specialist Richard Colvin. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper speaks to soldiers as he visits the frigate HMCS Quebec as it patrols of the coast of Port of Spain following the Commonwealth Heads of Government Meeting (CHOGM) in Trinidad and Tobago.

Damning allegations

- Colvin told the Commons special committee on Afghanistan on Nov. 18 that as Canada's No. 2 diplomat in Kandahar he repeatedly warned that prisoners turned over to Afghan authorities by Canadian troops were probably being tortured.
- Harper and his Conservative caucus have continually cast Colvin and others who have questioned prisoner protocols and the practices in Afghan prisons as Taliban dupes and unpatriotic critics of Canada's military.

THE CANADIAN PRESS

Companies enact cellphone rules

COMMUNICATIONS Tough rules are being adopted by a growing number of companies dissatisfied with provincial laws that still allow drivers to use hands-free cellphones.

Employees driving a company vehicle from Steels Industrial Products, for example, can be fired if they are caught using any kind of cellphone or texting device — period.

Steels president Jim Sidwell laid down the law to his 180 workers in British Columbia and Alberta a few weeks ago. "There was no other answer," he said. THE CANADIAN PRESS

Tuesday's
THE ROMANCE STORE
1239 Wellington St. (West of Parkdale Ave.) 613-761-6060
Only at Tuesday's
Free Couples Gift with purchase
$15 value
WE-VIBE II
NEW PRICE
Now $99 everyday
• EASY PUSH BUTTON CONTROL
• 9 VIBRATION MODES
• SATIN STORAGE POUCH
• RECHARGEABLE
Lingerie SALE
Buy any piece of lingerie and get the second piece for
½ PRICE*
*Second item must be of equal or lesser value
PLUS CHECK OUT OUR GREAT SELECTION OF ROMANTIC HOLIDAY GIFTS
SHOP ONLINE tuesdaystheromancestore.com

A HOLIDAY OPPORTUNITY
Are you outgoing?
3 month opportunity with possibility to extend to permanent
$800
wk/avg
Want to join our successful Customer Relations team!!
Qualifications include: great personality, team player, interact well with people, desire to learn and succeed
We will train successful applicants
613-321-4278

Commonwealth admits Rwanda
Rwanda has been admitted into the Commonwealth of nations, becoming the 54th member of the organization of mostly former British colonies. Rwanda has no colonial ties to Britain, unlike several of its neighbours that are already part of the Commonwealth. Members are eligible for assistance programs and cultural exchanges. THE ASSOCIATED PRESS

World

Bangladesh ferry crash claims 58

Rescuers recovered three more bodies from a ferry that capsized as passengers disembarked at a terminal in southern Bangladesh, bringing the death toll to 58 with scores still missing, authorities said yesterday. The triple-deck ferry, MV Coco, was travelling late Friday from Dhaka to the coastal town of Bhola and was crowded with people heading home to celebrate the Eid al-Adha festival. THE ASSOCIATED PRESS

Tiger takes blame for crash

Top golfer responds to rumours around mysterious accident

The squeaky-clean image of one of America's best-loved athletes has taken a hit following Tiger Woods' mysterious middle-of-the-night car crash, lurid allegations about an extra-marital affair and reports his wife angrily wielded a golf club as her husband fled their home.

No one's saying officially what prompted Woods to speed off in his Cadillac Escalade from his Florida home in the wee hours of the morning on Friday, only to smash into a fire hydrant and a tree.

A statement on Woods' official website yesterday didn't provide much by way of detail.

"This situation is my fault, and it's obviously embarrassing to my family and me," Woods wrote.

"I'm human and I'm not perfect. I will certainly make sure this doesn't happen again. This is a private matter and I want to keep it that way. Although I understand there is curiosity, the many false, unfounded and malicious rumours that are currently circulating about my family and me are irresponsible."

Tiger Woods

What's known, according to the official police report, is this: When investigators arrived at the scene in the gated community of Windermere, Fla., after a neighbour called 911, a semi-conscious Woods was lying on the ground bleeding from facial lacerations as his Swedish-born wife, Elin Nordegren, tended to him.

Yesterday, Woods cancelled another meeting with state troopers, the third straight time he's done so.

Unnamed sources told the website TMZ.com that the accident took place after a "domestic issue" in the home. They said Nordegren had scratched Woods' face and had been swinging the golf club in a rage over published allegations that Woods is involved in an extra-marital affair.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Switzerland **Ban on minarets**

ALESSANDRO DELLA BELLA/THE ASSOCIATED PRESS/KEYSTONE

A demonstrator holding a mock Swiss assault rifle joins a protest against the acceptance of a minaret ban during a rally on the Helvetia Square in Zurich, Switzerland, yesterday. Swiss voters overwhelmingly approved a constitutional ban on minarets barring construction of the iconic mosque towers.

Russia mourns for train bomb victims

TERROR Russians mourned at religious services and soccer stadiums yesterday after a deadly train wreck that authorities blamed on a terrorist bomb. The leader of the Russian Orthodox Church urged the nation not to give in to fear.

Emergency Situations Minister Sergei Shoigu said at least 25 people were killed.

THE ASSOCIATED PRESS

Four U.S. cops killed in ambush

A gunman burst into a Tacoma, Wash., coffeehouse yesterday and opened fire on four police officers as they sat working on their laptops, killing the three men and one woman in what an official described as a targeted ambush.

Pierce County Sheriff's spokesman Ed Troyer said officers were looking for one male suspect who fled on foot, but haven't ruled out an accomplice. It wasn't clear whether the officers even had time to draw their weapons to return fire, Troyer said.

"This was more of an execution. Walk in with the specific mindset to shoot police officers."
Ed Troyer, Pierce County Sheriff's spokesman

"This was more of an execution. Walk in with the specific mindset to shoot police officers," Troyer said.

Troyer said the officers — all from the Lakewood Police Department — were catching up on paperwork at the beginning of their shifts when they were attacked at 8:15 a.m. yesterday. He said the attack was clearly targeted at the officers, not a robbery gone bad. THE ASSOCIATED PRESS

News in brief

URANIUM The Iranian government approved a plan yesterday to build 10 new uranium enrichment facilities, a dramatic expansion in defiance of UN demands it halt the program.

THE ASSOCIATED PRESS

Offer subject to change without notice. †Most reliable network refers to call clarity and dropped calls (voice) and to session completion rate (data) as measured within Rogers HSPA footprint and comparing with competitors' voice and data 1xEvdo networks. Rogers HSPA network not available in all areas. See rogers.com/reliable for details. © 2009 Rogers Wireless.

OTTAWA
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Keep kindness in budget

The annual round of budget head-cracking at city hall and the latest tales of waste and mismanagement from Ottawa auditor general Alain Lalonde may have put some of us in a penny-pinching frame of mind.

Financially troubled OC Transpo regularly talks about getting tough on fare evasion, which it claims costs $3.7 million a year.

I've seen two incidents in recent weeks in which a passenger didn't pay the full fare.

A young guy, maybe 13 or 14, boards with only one ticket instead of the required two. He's subjected to a short lecture by the driver and let on.

A woman in her 30s gets on and explains she only has a dollar in change, but really needs to get downtown. The driver waves her on, insists she take a transfer, and doesn't even collect the buck. She's clearly a little embarrassed as she gets on and avoids eye contact with other passengers.

In both cases, the rules were bent and OC Transpo didn't get paid the full freight, and what of it?

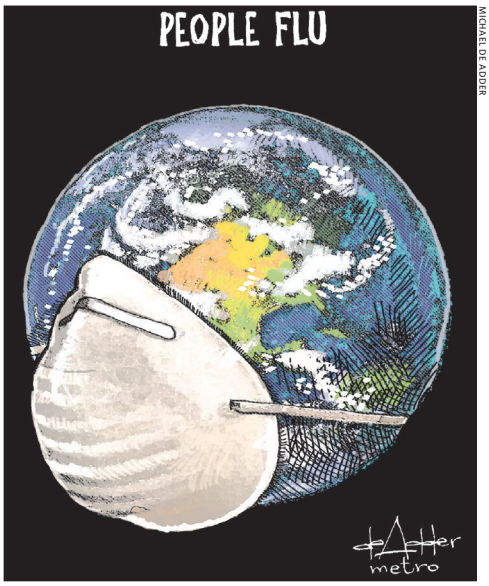
I wouldn't want to see drivers lose their discretion to offer these small, vital acts of kindness in the name of some zero-tolerance crackdown on fare cheats.

Neither of these passengers struck me as hardened criminals or habitual freeloaders. They were people of modest means who needed to get somewhere, and recognized as such by the drivers.

Courtesy is, as the ads on the bus say, "a two-way street," and it's contagious. The other passengers didn't react with any visible resentment that they had paid the full fare while these new arrivals had not. There were even some welcoming smiles on offer.

There's a difference between courtesy, like spotting some kid a bus ticket, and larceny. A little goodwill goes a long way.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca



MICHAEL DE ADDER

Views

Anne solves all your holiday gift-giving dilemmas

Today, Part Two of "Prepping for the Holidays:" Answers to all your gift-giving questions.

Q Dear Anne: I'm having trouble finding a gift for my boyfriend. Any suggestions?

A When shopping for a good gift for a man, it's important to keep in mind one thing: There are no good gifts for men. Women are easy. Just look at what we buy ourselves and then buy us more of it. Unfortunately, no one needs a dozen tire air gauges or 16 interchangeable-head screwdrivers. But, there is a solution. Break up with him on December 20. I didn't say it was a good solution.

Q Dear Anne: I'm finding the idea of giving gifts outdated. Do we really need more stuff? Is it OK to tell my relatives that I'm not giving gifts this year?

A Absolutely. Taking a stand for "love not loot" says you, honour the true spirit of Christmas. So, if this feels right, do it.

Unless, of course, you're related to me. Then you need to buy stuff.

Q Dear Anne: I like to make my own gifts, but I'm sensing that my friends have lost their enthusiasm for tea cosies fashioned from old socks and twist-tie jewelry. What can I make that they might find more useful?

A Here's a gifts someone really should make: The "Lie To Me" meter. This handy meter is designed to detect fibs at 50 paces, letting off a siren that tells the perpetrator, "You're busted, baby." Perfect for households with teenagers or when discussing deadlines with your home renovations contractor. Warning: To avoid overloading circuits, device must be turned off during political campaigns and first dates.

Q Dear Anne: What's the most important thing to remember when choosing a gift?

A Keep in mind, "Who should I be trying to please?" Yourself. You have no idea what someone else thinks. Buy what you love for who you love and you're guaranteed happiness. Even if it's just your own.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Green label database
Is it actually biodegradeable, organic or eco-friendly? Head to ecolabelling.org to make sense of which consumer goods are the real deal, and learn what all those labels really mean. METRO NEWS SERVICES

Going Green

Eat the dog?

Time to eat the Dog: The real guide to sustainable living takes a look at the environmental impacts owning pets has on our planet. Authors Robert and Brenda Vale take a look at how our lifestyle choices are affecting the planet. METRO WORLD NEWS

EDITOR: BEN.RYCROFT@METRONEWS.CA

Preparing for Copenhagen

Glaciologists to present findings at climate change conference

Suddenly and without warning, the gigantic river of ice sped up, causing it to spit icebergs ever faster into the ocean off southeastern Greenland.

The Helheim Glacier nearly doubled its speed in just a few years, flowing through a rift in the barren coastal mountains at a stunning 30 metres per day.

Alarm bells rang as the pattern was repeated by glaciers across Greenland: Was the island's vast ice sheet, a frozen water reservoir that could raise the sea level six metres if disgorged, in danger of collapse?

Half a decade later, there's a little bit of good news — and a lot of uncertainty.

KARL RITTER/THE ASSOCIATED PRESS

Glaciologists are rushing to gather data on Greenland's suddenly quick thaw as the world prepares to meet in Copenhagen to hammer out a new global climate pact.

"It does seem that the very rapid speeds were only sustained for a short period of time, although none of these glaciers have returned to the 'normal; flow speeds yet," says Gordon Hamilton, a glaciologist from the University of Maine.

The issue has gained urgency as scientists rush to supply their latest findings in time for negotiations on a new global climate pact, set for December in Copenhagen.

The U.N.'s top climate official, Yvo de Boer, has warned that the ongoing negotiations on fighting climate change are moving so slowly that it will be impossible to reach a comprehensive deal come December.

He said the Copenhagen meeting should aim instead to agree on "key cornerstones" of emissions cuts and how to finance them. THE ASSOCIATED PRESS

NEED SOME WATERCOOLER TALK?
Visit metronews.ca to watch metrotube of the day

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ✦$2,000 manufacturer to dealer delivery credit available on 2010 Malibu (tax exclusive) for cash customers only and is reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ✦✦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. *Offer applies to the cash purchase of 2010 Chevrolet Malibu LS R7C. Freight ($1,350), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ♦/✦✦/*Offers apply as indicated to the purchase of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. △2010 ratings based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Excludes other GM models. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-impact Crash Test. Side-impact Crash Test rating is for a model tested with standard head-curtain side-impact air bags.††Chevrolet Malibu LTZ, MSRP $32,255. ¥OnStar® services require vehicle electrical system (including battery); wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ▼Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. Customer must take retail delivery by 01/11/10. See dealer or gm.ca for additional details.

Sears
HOLIDAY COUNTDOWN
SALE ON NOW
New gift ideas. Every day. All holiday season long.

25
SHOPPING
DAYS LEFT!

One day only!
Mon., Nov. 30, 2009

50% off
*All men's reg.-priced Haggar® & Dockers® fashions

DOCKERS SINCE 1874 LEVI'S
haggar

ALSO,
40% off
*All men's reg.-priced Point Zero® fashions

50% off
59.99 Pair
Women's Timberland® 'Sweet Slipper' fashion boots
Sears reg. 119.99.

Plus, 40% off
*All other men's & women's reg.-priced boots

40% off
*All women's & men's reg.-priced Rockport® shoes

Redeem your Sears Club™ Points for anything** at Sears - including Travel.
**Some restrictions apply. Ask for details.

*These savings offers exclude items with prices ending in .97, work boots and currently advertised items. Styles vary by store. While quantities last.

NE121G409 © 2009. Sears Canada Inc.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

European Commission President Jose Manuel Barroso pauses to answer questions from journalists after his meeting with Chinese Premier Wen Jiabao yesterday.

U.S., China pressed on gas emission targets

European Commission President Jose Manuel Barroso is urging China and other countries to make more ambitious commitments on curbing heat-trapping greenhouse gas emissions.

Barroso welcomed fresh emission pledges by China and plans by both Chinese Premier Wen Jiabao and U.S. President Barack Obama to attend next month's U.N. conference on climate change in Copenhagen.

"Everyone is committing," Barroso said. "We have to see at the end if all these commitments together lead us to the minimum necessary that according to science we have to do. So far, we are not yet there," he said.

Scientists believe a two-degree Celsius increase in global temperatures would lead to destructively rising seas. China promised Thursday to nearly halve the ratio of pollution to GDP.

THE ASSOCIATED PRESS

SuiteDreams.com
IMPRESS YOUR GUESTS
Cartier Place SUITE HOTEL
Downtown Ottawa
TRAVELERS' 2008 CHOICE
www.tripadvisor.com
613-236-5000

BDO
BDO Dunwoody Limited
Let BDO help you get on the road to financial stability
• Avoid bankruptcy
• Consolidate debt into one manageable monthly payment
• Stop interest
• Stop harassing calls from creditors
• Protect your home and car
Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.
Serving Canadians since 1958
More people choose BDO than any other firm in Canada*
Free Consultation - Convenient, confidential appointments
The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579
*OSB Statistics
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators
www.bdodebthelp.ca

Black Friday sales up slightly from last year

American shoppers spent only slightly more (0.5 per cent) in stores this Black Friday than they did last year, according to data released by a U.S. research firm. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Public Works, private sector can't be compared: Report

The cost-effectiveness of Public Works projects can't be directly compared with the private sector partly because construction firms jack up their prices when dealing with the federal government, says a new report.

"Private sector companies, who build our projects, are intimidated by our processes and controls and account for their perceived extra efforts in dealing with these through increased construction and management fees," says an internal document.

"They also understand that during design and construction phases we will not go bankrupt and that while payments may be slow, they are essentially guaranteed, regardless of cost overruns to the initial budget."

The disclaimer is made in a Public Works annual report card that gauges how effectively the department has managed its $7.6-billion portfolio of properties across country, mostly office space. Since a 2007 restructuring, Public Works has tried to emulate private-sector real-estate practices to give taxpayers more value for their money.

But senior officials point to a host of factors they say makes direct comparisons with private business unfair and misleading.

Officials drew up a list of at least 26 reasons why they can't be strictly held to private-sector standards, including the requirement to adhere to federal green policies. "Such an extensive list can reasonably be expected to have a negative cost impact when comparing the cost of public and private sector projects," says the April 2009 document. THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Festival **Monkey see monkey do**

DAVID LONGSTREATH/THE ASSOCIATED PRESS

A Long Tailed Macaque Monkey gulps down cola at the Lopburi, Thailand, Monkey Festival yesterday. The annual festival, in its 21st year, began by businessmen as a way of showing appreciation for the long tail mackak monkeys and the tourism they attract.

Stock market welcomes new oilsands player

ENERGY The Toronto stock market will see the debut this week of a brand new oilsands player and a more streamlined version of one of the continent's top natural gas names.

Shareholders in EnCana Corp. gave virtually unanimous support last week to the plan to divide the Calgary-based energy giant into two distinct companies.

With that major milestone, and the blessing of an Alberta court, out of the way, EnCana and its oil-centred spinoff Cenovus Energy Inc. will start operating independent of one another tomorrow.

"From the moment of its creation, we expect Cenovus will be an industry leader," Brian Ferguson, EnCana's chief financial officer and soon-to-be Cenovus chief executive, told reporters last week. THE CANADIAN PRESS

Trading

- Regular trading in both companies — under the stock symbols of ECA and CVE respectively — begins Thursday on Canadian markets and Dec. 9 on the New York Stock Exchange.

Business in brief

STRIKE Liberal Leader Michael Ignatieff is calling on the federal government to get negotiations between CN and its striking locomotive engineers back on track. Ignatieff said in a statement that the Conservatives need to protect businesses and shippers who rely on the cross-country rail network from suffering economic losses. THE CANADIAN PRESS

'TIS THE SEASON TO SAVE

HOME PHONE LINES

ENHANCED	UNLIMITED CANADA	ONE RATE	GLOBAL
$14.95/MONTH	$19.95/MONTH	$29.95/MONTH	$39.95/MONTH
UNLIMITED LOCAL CALLING	UNLIMITED CALLING TO CANADA	UNLIMITED CALLING TO CANADA & U.S.A.	UNLIMITED CALLING TO 25 COUNTRIES!
ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE

ALL FEATURES FREE!

- Voicemail
- Caller ID
- Call Waiting
- Call Forwarding

AND MUCH MORE!

From: Comwave

LIMITED TIME OFFER

6 MONTHS FREE!

SATISFACTION GUARANTEED!

KEEP YOUR EXISTING PHONE NUMBER!

comwave 613-216-6096 www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911 The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The 6 months free promotion does not apply to the Global Home Phone Plan. Limited to 3000 minutes per month. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.net for details

NO FEAR, NO SHAME

When something is affecting your physical health, it's only logical to seek medical help. Once the issue is addressed, life can often go back to normal without lasting repercussions. But what happens when something is affecting your mental health? It's hard enough to admit that mental illness is something that one in five Ontarians will face in his or her lifetime, but dealing with the attitudes surrounding it is often a greater challenge.

"Mental illness may be the diagnosed health problem," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario, "but the major impact on the person is often a result of stigma and discrimination: the way that you and I think and act when we learn about someone we know that has a mental illness. It is unimaginable that we would turn our backs in this way from our family, friends and neighbours who were suffering from heart disease. But for the most part, mental illness is invisible to us if we choose to ignore the signs."

A 2008 Canadian Medical Association (CMA) survey found that almost half of Canadians polled think that the term "mental illness" is used as an excuse for poor behaviour and personal failings, one in ten think that people with mental illness could "just snap out of it if they wanted," and half of the survey respondents would not tell friends or co-workers that a family member was suffering from mental illness.

As well, it's far too common to think that mental illness is a personal weakness; people struggling with mental illness are, as the name indicates, struggling with an illness. And mental illness is not just a single, rare disorder. Anxiety, depression, schizophrenia, and eating disorders are just a few of the many diagnoses affecting thousands of Canadians.

People may delay seeking help for family members or spouses because of fears and shame. Treatment of young people is often overlooked because many feel it is simply a phase they are going through. But addressing a sudden change in behaviour, for example, or really listening without judging, challenging, or becoming angry is an important first step in helping a loved one. There is no shame in guiding someone towards a mental health professional – it's just like going to the doctor when you have the flu.

The sooner we can work towards dispelling the myths, the sooner we can help erase the stigma. The CMHA, Ontario, has a large online support centre that includes discussion groups, links to articles and resources, and free printable pamphlets (in multiple languages) that can help you deal with some of the misinformation surrounding mental illness. For more information on CMHA, Ontario's programs and services, visit ***www.ontario.cmha.ca.***

– By Lori Dance

10 tips to help you take control of the holidays

1. Plan your shopping trips and activities in advance so you can enjoy your time off.
2. Set an appropriate budget before you go shopping and stick to it.
3. Learn to say no. Spend your time on the people and activities most dear to you.
4. Listen to your body. Exercising will reduce stress, and so will a good night's sleep.
5. Practice moderation. Mix a healthy snack or non-alcoholic beverage in here and there.
6. Get enough sunlight, or look into natural remedies like vitamin D and melatonin.
7. Take a breather. 15 minutes alone can be bliss at times.
8. Be realistic. There will be drama, but everyone is stressed right now so be understanding.
9. If you feel lonely or isolated, reach out. If someone else needs help, be there for them.
10. If you're overwhelmed and the feelings won't go away, it's time to talk to your doctor or a mental health professional.

PROMOTING MENTAL HEALTH IN THE WORKPLACE

Mental health, like physical health, is something that all people have; whether good or bad, it's always with us in some form or another. And when demands are placed on our health (even at work) that exceed our ability to deal with them, we may become ill. It's simply a fact of life.

Indeed, just as physical illness (like the flu) can contribute to workplace absenteeism, employers are faced with lost time and productivity as a result of mental illness as well. In fact, nearly 14% of Canadian companies' net annual profits are lost as a result of mental illnesses in the workplace, and recent calculations suggest that mental health and addiction issues cost the Canadian economy upwards of $51 billion annually.

"We know that one in every five Ontarians will be affected by a mental illness every year," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario. "Many will never speak to their family, friends, employers, or even their doctor about their illness."

Unfortunately, it is often much easier to call in sick than it is to call in depressed. Sometimes you're going through something at home. Maybe you don't feel as though you're being recognized for the hard work you've done – or that you're not being supported by your boss and/or co-workers. It happens from time to time – but if it's affecting your life on a long-term basis, it may pose a risk to your mental health.

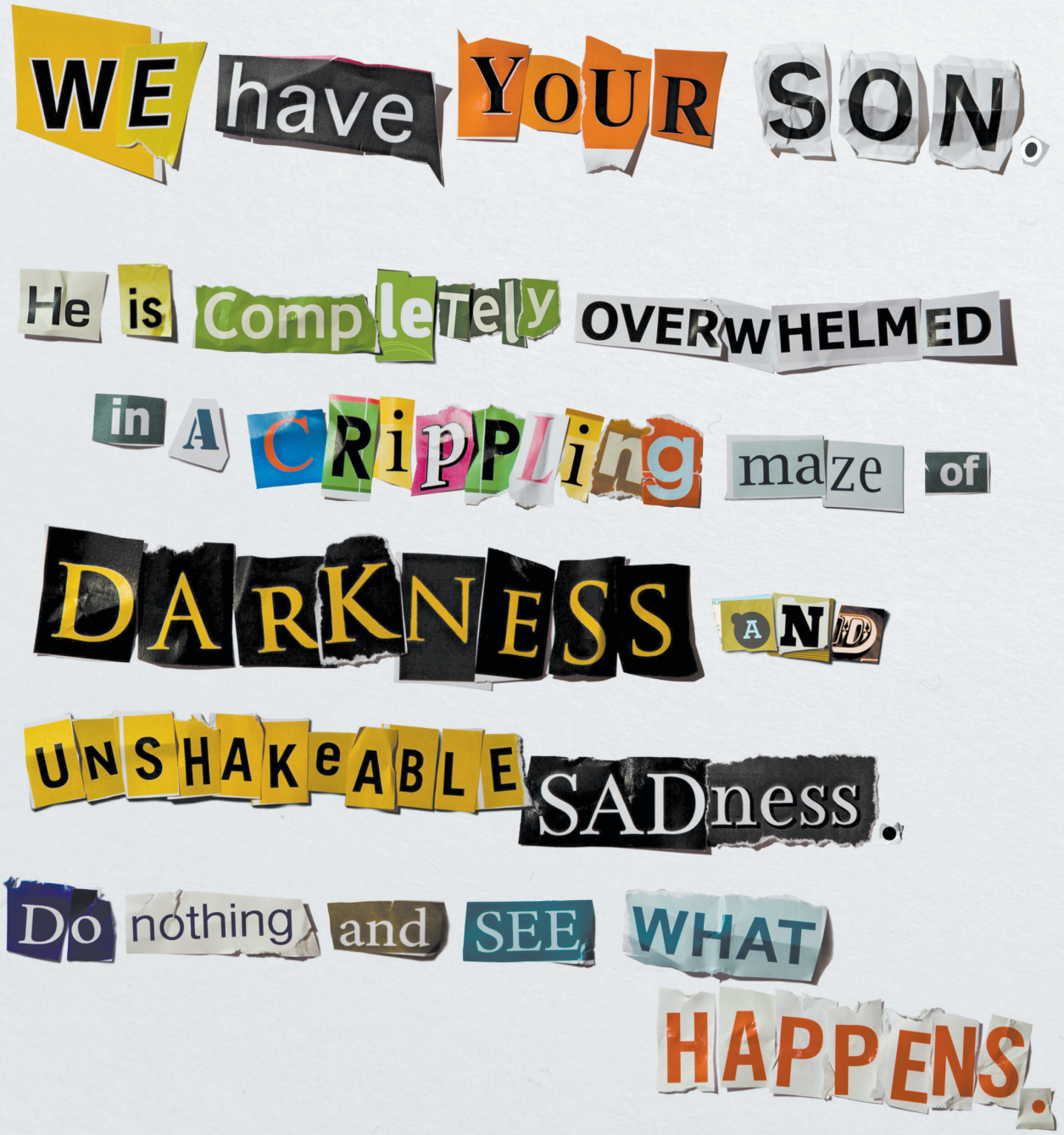
But what safeguards are in place in the workplace itself between the onset of mental illness and, specifically, the loss of job productivity? How does one deal with mental health issues in a work environment, and how can its effect be minimized effectively?

For one thing, it's important to recognize the signs that an employee or co-worker may be experiencing challenges to their mental well being. A sudden drop in productivity, changes to their personality or attitude, or a sudden increase in absenteeism can be an indication that someone in your workplace may need help.

The CMHA, Ontario, offers many excellent resources for those looking to learn more about how to help their employees or co-workers (or even themselves). One program, appropriately called Mental Health Works, provides online support with workshops, articles, links, and answers to questions you may not know how to ask.

By addressing the risk factors of mental illness where we work, we can together promote well-being in a safe, happy, and productive environment – the kind of workplace everyone can enjoy. For more information (and to take a free online wellness survey), visit ***mentalhealthworks.ca.***

– By Lori Dance



According to a recent Canadian Medical Association (CMA) survey of Canadians, 11% of Canadians think depression is not a mental illness and 50% think it's not a serious condition.

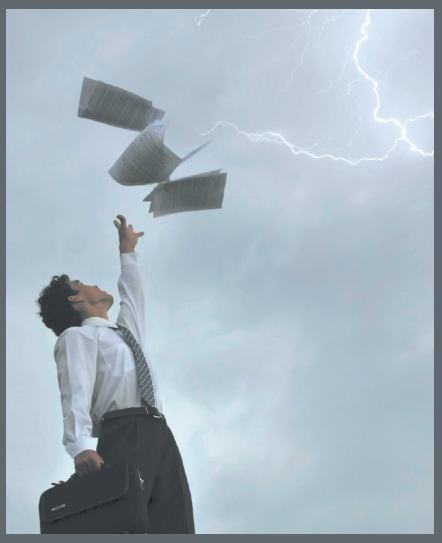
Canadian Mental Health Association (CMHA) is committed to improving the lives of those who are living with mental illness. And with 33 branches in Ontario alone, we provide a place for individuals to reach out for support.

MDAO
Mood Disorders Association of Ontario

CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE, ONTARIO

Partner in mental health leadership:
Mood Disorders Association of Ontario

Learn more at **www.ontario.cmha.ca**



weathering the economic storm

In every work environment, there are people who worry about the security of their jobs and their financial future. But with the recession continuing weigh heavily on the minds of the Canadian workforce, more and more employees are losing hope that they will emerge unscathed. And not only is this affecting their productivity, but it is also causing stress to their mental well being.

While the worst may well be behind us, economic recovery is likely to be slow. And it could take even longer for Canadian workers to recover from the mental and emotional repercussions of the recent economic downturn. Looking at the attitudes of employers and employees gives some insight into how that might impact the workplace in the months and years to come.

A 2009 Desjardins Financial Security survey has shown some staggering disparities between how the recession is viewed by employers and employees. Close to a quarter of employees polled said that their environments have become more negative, while 73% of employers said that theirs have become more positive. 43% of employees are worried about losing their jobs and many believe that employers are using the recession as an excuse to cut staff – and ironically enough, 70% of employers are maintaining or increasing their workforces.

There is, however, one point on which both groups found common ground: their health. One quarter of employees and 37% of employers agreed that the recession has negatively affected employees' physical health, with 35% of employees and 63% of employers claiming a toll on mental health as well. An increase in stress levels was found to be another challenge to employees' health, as 35% said they are experiencing higher stress this year than they did a year ago.

"What's evident in these results is that a clear and open dialogue is urgently needed between employers and their staff, but not just during difficult times," said Dr. Taylor Alexander, CEO of the Canadian Mental Health Association (CMHA), National Office. "Of course, we believe that both groups are responsible for managing their own mental and physical health. But employers must also help create a mentally healthy workplace for their staff. Leadership on this issue starts at the top."

So why is promoting a mentally healthy workplace such an important and mutually beneficial concept? "By investing in their workers, companies are investing in themselves," explains Michele Nowski, Director, Disability Claims and Disability Management with Desjardins Financial Security, who notes that mental health claims are the fastest growing category for days lost to disability in Canada. "A mentally healthy workplace typically has fewer disability claims, lower absenteeism and better productivity. It really becomes a partnership between employees and employers because employees also have a responsibility to manage their health and stress levels."

For more information on the survey results and to access free wellness toolkits that can help you manage stress levels at home and in the workplace, visit ***www.healthiscool.ca.***

– By Lori Dance

61%

OF CANADIANS
ARE STRESSED OUT
ABOUT MONEY!*

TURBULENCE ZONE. FASTEN YOUR SEATBELTS.

To protect your nest egg from being tossed about, Desjardins Financial Security has a complete range of sheltered savings and retirement products, as well as life and health insurance.

In fact, our seasoned, proactive advisors have already helped nearly 5 million Canadians from all walks of life find security in uncertain times. So, if you see cloudy skies ahead, let Desjardins Financial Security get you there safely... with your nest egg intact.

desjardinsfinancialsecurity.com/healthsurvey

Desjardins Financial Security®

* Source: 2009 Desjardins Financial Security Health is cool! National Survey.

Life, health, retirement

® Registered trademark owned by Desjardins Financial Security

Super-giant slalom victory for Canadian
Canadian Manuel Osborne-Paradis claimed the first super-giant slalom victory of his career yesterday at Lake Louise. Osborne-Paradis, who resides in Invermere, B.C., flew down the course in a time of one minute 32.93 seconds to pick up the win. THE CANADIAN PRESS

Sports

Davydenko scores first big win

Nikolay Davydenko, left, won the first big tournament of his career yesterday, running down just about every ball and using a consistent serve to beat U.S. Open champion Juan Martin del Potro 6-3, 6-4 to win the ATP World Tour Finals. Davydenko was coming off his semifinal victory over top-ranked Roger Federer and dominated his service games against del Potro, losing only five points on serve in the first set and eight in the second. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Als win a thriller

Field goal with no time left caps comeback

Given a second chance Damon Duval made no mistake and kicked the Montreal Alouettes to a Grey Cup championship.

Duval connected on a 33-yard field goal on the final play of the game to give the Alouettes a 28-27 comeback victory over the Saskatchewan Roughriders in a thrilling CFL championship game yesterday.

The Alouettes, outplayed for much of the game, erased a 16-point deficit in the final 10 minutes with touchdowns by Avon Cobourne and Ben Cahoon, plus Duval's boot with no time remaining.

It was his second attempt at it. He missed his first try but a Saskatchewan penalty for too many men on the field gave Duval another opportunity.

"The man upstairs gave me a second opportunity," said Duval. "I got the ball through and what can I say, it was all these guys here just fighting back play after play.

"As soon as I saw the flag I didn't care (about the miss), I had to focus on making a kick."

The victory ended a run of Grey Cup woes for the Alouettes and quarterback Anthony Calvillo, who won only a second Grey Cup in seven championship games since 2000.

"We came back, and the guys fought and what a joyful event," Calvillo told TSN. "It's a huge relief for me. We always wanted another chance to come back and compete for a championship and win, and we finally pulled it off. So amazing." THE CANADIAN PRESS

Award winners

- MVP: Avon Cobourne, RB, Montreal
- Canadian MVP: Ben Cahoon, SB, Montreal.

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

JEFF MCINTOSH/THE CANADIAN PRESS

Montreal Alouettes kicker Damon Duval kicks the game-winning field goal during fourth quarter Grey Cup action in Calgary yesterday. Montreal won 28-27.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Phoenix 3 Anaheim 2 (OT)
San Jose at Vancouver N

SATURDAY'S RESULTS
Calgary 4 Columbus 3 (SO)
Vancouver 7 Edmonton 3
Boston 4 OTTAWA 3 (SO)
Washington 4 Montreal 3 (SO)
Atlanta 1 Philadelphia 0
Buffalo 5 Carolina 1
Dallas 4 Tampa Bay 3 (OT)
Detroit 4 St. Louis 3 (SO)
Los Angeles 2 Chicago 1 (SO)
Minnesota 3 Colorado 2 (SO)
Nashville 4 Florida 1
New Jersey 6 N.Y. Islanders 1
Pittsburgh 8 N.Y. Rangers 3

NBA

YESTERDAY'S RESULTS
Phoenix 113 Toronto 94
Detroit 94 Atlanta 88
L.A. Clippers 98 Memphis 88
Orlando 114 New York 102
Boston 92 Miami 85
Houston 100 Oklahoma City 91
San Antonio 97 Philadelphia 89
Minnesota at Denver
New Orleans at Sacramento
New Jersey at L.A. Lakers

NFL

YESTERDAY'S RESULTS
Atlanta 20 Tampa Bay 17
Buffalo 31 Miami 14
Cincinnati 16 Cleveland 7
Indianapolis 35 Houston 27
Minnesota 36 Chicago 10
N.Y. Jets 17 Carolina 6
Philadelphia 27 Washington 24
San Diego 43 Kansas City 14
San Francisco 20 Jacksonville 3
Seattle 27 St. Louis 17
Tennessee 20 Arizona 17
Pittsburgh at Baltimore

CFL

GREY CUP WINNERS
2009 - Montreal 28 Saskatchewan 27 (at Calgary)
2008 - Calgary 22 Montreal 14 (at Montreal)
2007 - Saskatchewan 23 Winnipeg 19 (at Toronto)
2006 - B.C. 25 Montreal 14 (at Winnipeg)
2005 - Edmonton 38 Montreal 35 (OT) (at Vancouver)
2004 - Toronto 27 B.C. 19 (at Ottawa)
2003 - Edmonton 34 Montreal 22 (at Regina)
2002 - Montreal 25 Edmonton 16 (at Edmonton)
2001 - Calgary 27 Winnipeg 19 (at Montreal)
2000 - B.C. 28 Montreal 26 (at Calgary)
1999 - Hamilton 32 Calgary 21 (at Vancouver)
1998 - Calgary 26 Hamilton 24 (at Winnipeg)
1997 - Toronto 47 Saskatchewan 23 (at Edmonton)
1996 - Toronto 43 Edmonton 37 (at Hamilton)
1995 - Baltimore 37 Calgary 20 (at Regina)
1994 - B.C. 26 Baltimore 23 (at Vancouver)
1993 - Edmonton 33 Winnipeg 23 (at Calgary)
1992 - Calgary 24 Winnipeg 10 (at Toronto)
1991 - Toronto 36 Calgary 21 (at Winnipeg)
1990 - Winnipeg 50 Edmonton 11 (at Vancouver)
1989 - Saskatchewan 43 Hamilton 40 (at Toronto)
1988 - Winnipeg 22 B.C. 21 (at Ottawa)

Survival strategies for women

Economics of Divorce '101'.
Join a Certified Divorce Financial Analyst to learn the financial basics of separation and divorce.

Wednesday, Nov. 25, 2009 11:45 - 1:00 pm or 4:30 pm - 5:30 pm
Constitution Square - RSVP as seating is limited
Light *Refreshments will be served*

ScotiaMcLeod®
H. Colleen O'Connell-Campbell, CFP, CIM, CDFA, Wealth Advisor

® Registered trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF.

Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiamcleod.com www.colleenoconnellcampbell.com

ADMISSION: Donations accepted to Canadian Breast Cancer Foundation.

™ Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME
12 weeks (36 hours in class and 36 hours online) - **Two locations**
FRENCH AS A SECOND LANGUAGE (Levels 1 to 8)
Evening Classes: 8 levels - 6 pm to 9 pm
Saturday Classes: 5 levels (1, 2, 3, 4 and 5) - 9am to noon
DATES: Week of January 5 to April 3, 2010
HURRY UP TO REGISTER!!! School will be closed from December 20, 2009 to January 3, 2010

ENGLISH AS A SECOND LANGUAGE - One location
(Levels: basic intermediate and advanced)
Week of January 5 to April 3, 2010
FEES: **$30.00** Immigrants, new Canadians, Refugees whose language is neither English nor French
$205.00 Out of province residents, visa holders

FULL TIME
4 weeks (60 hours in class and 60 hours online) - **One location**
FRENCH AS A SECOND LANGUAGE (Levels 1, 2, 3, and 4)
DATES: November 16 to December 10, 2009
Level 1 and 3 - 9 am to noon;
Level 2 and 4 - 12:30 pm to 3:30 pm
FEES: **$30.00** Immigrants, new Canadians, Refugees whose language is neither English nor French
$205.00 Out of province residents, visa holders

Éducation Permanente
181, rue Donald, Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191

†CONSEIL DES ÉCOLES CATHOLIQUES DE LANGUE FRANÇAISE DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner

ÉDUCATION PERMANENTE

www.educationpermanente.ca

Student killed in shooting at Hungarian university

A student opened fire at a university in the Hungarian city of Pecs yesterday, killing one student and wounding three other people. According to media reports, the shooting occurred in Pecs University's biophysics research institute. METRO NEWS SERVICES

Workology

Credit cards for tuition

David Murray, a third-year business student at the University of Alberta, will soon launch Pay4u, a third-party website to let uAlberta students use credit cards to pay for tuition. The university discontinued the credit card option for tuition payments in the summer of 2008. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

All hail this Master of wine

Barbara Philip only waitressed while waiting for her acting career to take off.

"You're always in a sense of denial, that this isn't my real job. That one day I'll get my big break," says Philip, 43.

The Vancouverite's big break did come, but it had nothing to do with theatre.

About 15 years ago, she, her husband and a friend started getting into wine; pairing wines at dinner parties, reading about it and taking trips to wine regions.

One day, a chef friend called, saying his restaurant's sommelier — wine expert — had just quit, and offered her the job.

She ended her contract with her acting agent and dug into wine.

While she worked at the restaurant designing the wine list, ordering wine and helping customers pick their vintage for the night, she began taking courses.

As she furthered her wine knowledge, she heard about something cool: Master of wine certification. The designation was held by less than 200 people in the world at the time.

"If I'm going to be in the wine business, I want to go all the way with it," Philip said to herself.

She kept working in restaurants, and took courses and travelled to taste as many wines as she could, and learn in detail the wine business, making wine and growing grapes.

Meanwhile, because she was a woman in the wine industry — a rarity at the time — she began getting requests to do talks, run tastings, teach classes and judge events.

By the time she wrote her thesis and sat her master of wine exams in 2005 and 2006, her freelance work was so busy, she quit her restaurant job.

Her husband Iain, who used to work for BC Hydro, also works in wine full time now; they run Barbariain Consulting together and he's the senior wine instructor at Vancouver's Art Institute. Philip now travels a great deal, flying around the world to tastings and competitions.

As well, she now works as the European wine buyer for the British Columbia Liquor Distribution Branch (BCLDB) — which means more travel. She's constantly tasting wine.

She follows a template to evaluate a wine based on its sight, smell and taste.

"It's very systematic. Drawing a conclusion about a wine is more about brainwork than taste bud work."

And while she'll have a glass at home in the evening, and at dinner parties, most of the time at work, she spits it out. "When you're reviewing, judging or buying, you have to have your mind about you."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

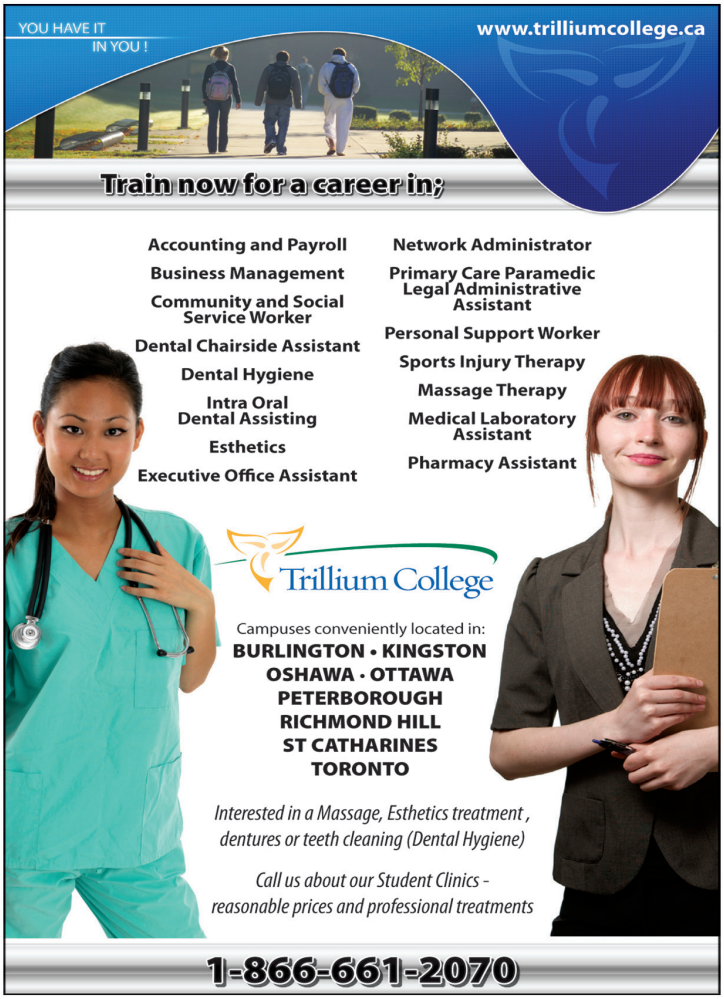
OddJobs

Diane Peters

Metronews.ca/oddjobs

The Lowdown

Job title: Sommelier
Salary: In a restaurant you can make up to $80,000
Education/training: There are various organizations that train people in wine in Canada; but anyone who does the job for a restaurant or a company can call themselves a sommelier.
Best Part of the Job: "Travelling and meeting people who's life's work is wine. It's a really good way to get an insight into a culture."
Worst Part of the Job: "Red teeth."



Barbara Philip is a sommelier, a wine expert who specializes in pairing wines with food.

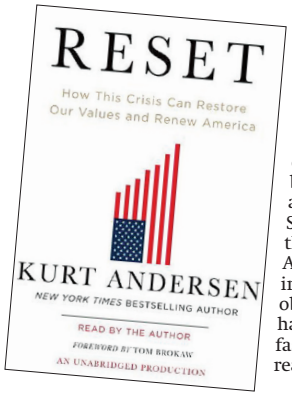
Nipissing opens Academic and Research Complex
Nipissing University will hold an official opening ceremony today for its new $8.6-million Academic and Research Complex. The three-storey, 26,000-square-foot facility features state-of-the-art classrooms, research laboratories and faculty offices for researchers. METRO NEWS SERVICES

Easy times are over for Americans: Author

BookReview

Reset — How this Crisis Can Restore Our Values and Renew America

Author: Kurt Andersen
Publisher: Random House
Price: $17.50



Everyone seems to know the fable of the grasshopper and the ant. The tale goes that the grasshopper enjoys the spoils and good times of the summer while the ants work hard to build up their stockpile. The winter comes along and the grass hopper is in a poor situation to survive.

According to author, Kurt Andersen, American's have been behaving like the grasshopper, recklessness that ultimately lead to the global financial collapse. Using historical examples, Andersen describes how the discovery of gold in Northern California in 1948 was a point in time where any average American could make a fast fortune … and ultimately achieve the American Dream.

The 1948 gold rush seemingly shaped a new type of American, one "repeatedly wont to abandon prudence and the tedium of saving and building in favour of the fantastic idea that anybody, given enough pluck and luck or liberty, can make a fortune overnight" said Andersen.

Andersen paints a very hopeful picture of the economic landscape … one where America can truly mature, reset and become a different but better country. The age of the Homer Simpson caricature of the "quintessential American — Childish, irresponsible, wilfully oblivious, fat and happy" is at an end. A fast and interesting read.

CRAIG LUND/
FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Workology in brief

STROKE INVESTMENT FROM OTTAWA: The federal government is pledging $19.2 million over three years to the University of Ottawa-based Canadian Stroke Network, one of Canada's Networks of Centres of Excellence. The funds will be used from 2010 to 2013 to support a variety of projects, such as a study on the link between dementia and stroke, large clinical trials focused on prevention and rehabilitation, and an audit of stroke care across Canada.

ONTARIO UNIVERSITIES COMMIT TO SUSTAINABILITY PLEDGE: Yesterday the executive heads of Ontario universities presented to the provincial government a made-in-Ontario sustainability pledge, Ontario Universities: Committed to a Greener World, reinforcing the institutions' commitment to the environment and the future well-being of Ontario.

METRO NEWS SERVICES

SAP Training in Ottawa (BI, HR, BASIS, FICO & ABAP)
• Instructor-led In-Class and Remote Training
• All Instructors are SAP Certified & Industry experienced
• 100% Career oriented professional training
• 24 hours Remote Server Access
• Provide job Assistance
HRDC/EI Approved • FREE Seminar once in every month
ERP Mastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953

Centre Linguistique du Collège de Jonquière
fait parler le monde
gets the world talking
FRENCH/ENGLISH
Language Training Services
Preparation for Public Service Commission's Official Languages Tests
A GreatTrack Record for helping clients achieve their language training goals.
• Personalized private, semi-private and group courses, full-time and part-time
• ACE Teaching Certificate Course
• French Immersion Programs Jonquiere
• English Immersion Programs in Ottawa
YES!
Contact us: www.languages-jonquiere.ca
Downtown Ottawa Tel: 613.566.7004 or 1.866.566.7004 E-Mail: cl.ottawa@cjonquiere.qc.ca
Carling Ave. Tel: 613.722.6111 E-Mail: cl.carling@cjonquiere.qc.ca
Gatineau Tel: 819.777.9393 E-Mail: cl.gatineau@cjonquiere.qc.ca

COLLEGE DIPLOMAS IN HEALTH CARE!
• Fitness and Health Promotion
• Medical Office Assistant
• Pharmacy Technician - CCAPP Accredited!
• Personal Support Worker
CALL NOW! 613-722-7811
www.algonquinacademy.com
1644 Bank Street, behind Canadian Tire
Classes start monthly!
ALGONQUIN CAREERS ACADEMY

LINC
Language Instruction for Newcomers to Canada
CLIC
Cours de Langue pour les Immigrants au Canada
LARC - CELO
LANGUAGE ASSESSMENT AND REFERRAL CENTRE
CENTRE D'ÉVALUATION LINGUISTIQUE ET D'ORIENTATION
✓ FREE language training (English or French)
✓ FREE child minding when available
✓ FREE language assessment prior to enrollment
✓ For Landed Immigrants & Convention Refugees (Ontario residents only)
For an appointment, please call
613-238-5462
240 Catherine Street, Suite 308, Ottawa, ON K2P 2G8
www.ymcaywca.ca
We build strong kids... strong families... strong communities.
Dévoué au mieux-être des enfants… des familles… des communautés.
YMCA-YWCA
Funded by Citizenship and Immigration Canada
Subventionné par Citoyenneté et Immigration Canada

Coca Rocha has own clothing line

Coca Rocha is set to launch her own clothing line. The Canadian supermodel declared on her blog she plans to create her own range, and has even posted a picture of herself sketching some of the garments in her New York apartment. FEMALEFIRST.CO.UK

Entertainment

Big Fan

It isn't just screaming tween girls who are going gaga over New Moon star Taylor Lautner — one of the onscreen werewolf's biggest fans is Oscar-winning actor Jamie Foxx. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

New Moon is the top film at the weekend box office.

1. **The Twilight Saga: New Moon:** $42.5 million US
2. **The Blind Side:** $40.1 million
3. **2012:** $18 million
4. **Old Dogs:** $16.8 million
5. **A Christmas Carol:** $16 million
6. **Ninja Assassin:** $13.1 million
7. **Planet 51:** $10.2 million
8. **Precious:** $7.1 million
9. **Fantastic Mr. Fox:** $7 million
10. **The Men Who Stare at Goats:** $1.5 million

THE ASSOCIATED PRESS

New Moon, rising stars

No such thing as small roles for actors in Twilight franchise

The Canadian actors in The Twilight Saga: New Moon are learning there's no such thing as a small role in the mega-popular movie franchise.

As with nearly everything connected to the blockbuster film and book series, fan reaction — even to bit players — has been surprisingly fervid, says the B.C.-born Cameron Bright.

The 16-year-old appears only briefly towards the end of New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

Cameron Bright appears only briefly in New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

"It's crazy, I'm only in it for like a minute and a half or two minutes but I'm world renowned now," says Bright.

Before the L.A. screening, he says he and U.S. actor Kiowa Gordon, who plays the werewolf Embry, went to greet some of the devotees, many of whom had lined up days in advance for a chance to meet the stars.

"We signed some autographs at the beginning and the middle of the line and it was crazy. It was like the whole road was a ball of people around me and Kiowa," Bright recalls.

Aside from New Moon — the second instalment in the Twilight Saga film series — Bright is perhaps best known for his unnerving performance in the 2004 film Birth, where he played a 10-year-old boy who attempts to seduce a grieving widow, portrayed by Nicole Kidman.

Other Canadians in the film include B.C. actors Bronson Pelletier and Tyson Houseman, who play werewolves Jared and Quil.

Their screen time pales in comparison to stars Robert Pattinson, Taylor Lautner and Kristen Stewart, but even the small roles come with the promise of more limelight later in the series, based on the novels by Stephenie Meyer.

Pelletier acknowledges he has only a few scenes in New Moon but notes they are loaded with meaning for the well-read viewer who is fully aware of each character's literary backstory. And because New Moon and its followup, Eclipse, were shot in Vancouver back-to-back, Pelletier says he kept in mind his character's broader story arc while filming early scenes.

"Jared in the book, he's the first to (fall in love with) this girl that he sits beside in class, her name is Kim, and they turn us into a romantic thing," says the 22-year-old actor.

"It's not actually in the New Moon movie, but it's good to know that kind of background story on Jared."

Bright jokes that the intense attention paid to even the most minor Twilight characters adds disproportionate weight to his character's one-liners.

"I gotta say them just right," he says laughing.

THE CANADIAN PRESS

PSSST!
SO I HEAR YOU WANNA BE A FILMMAKER EH?
WELL HAVE I GOT THE PLACE FOR YOU.
Why don't you drop by Ottawa's ONE STOP ZONE for indie filmmakers, The Independent Filmmakers Co-operative of Ottawa (IFCO)? Learn the "reel" deal about filmmaking. We offer:
TRAINING (WORKSHOPS)
FILMMAKING EQUIPMENT (CAMERAS & OTHER EQUIPMENT)
SCREENING OPPORTUNITIES (CINEMAS & FESTIVALS)
LEARN MORE TODAY!
www.ifco.ca • 613-569-1789

YOU COULD WIN A TRIP FOR 2 TO NEW YORK CITY TO SEE NORAH JONES PERFORM HER LATEST ALBUM THE FALL

PRIZING INCLUDES:
• 2 tickets to see Norah Jones live in NYC • Airfare for you and a friend
• 2 nights at The Time Hotel NY • $500 spending money
• A Norah Jones CD prize pack, including a deluxe edition of her new CD The Fall

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

If you are currently commuting, you can text to win by texting NORAH to 240240 to get the Chasing Pirates ringtone!
Data rates may apply.

Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 13, 2009 at 11:59 EST. Odds of winning depend on number of entries received. No Purchase Necessary however, if you text to win you must purchase a Norah ringtone. Visit www.metronews.ca for full contest rules and details to be eligible.

THE TIME
metro

YOU COULD WIN AN ADVANCE SCREENING PASS FOR TWO TO SEE INVICTUS

IN THEATRES DECEMBER 11

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 6, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

YOU COULD WIN A LOVE ETC... PRIZE PACK!

The Body Shop proudly presents Love Etc..., the world's first Eau de Parfum made from community trade alcohol sourced from organic sugar cane in Ecuador.

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 30, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

Pulp Fiction co-writer jailed
Roger Avary, who won an Oscar for co-writing Pulp Fiction, has been removed from a work furlough program and locked up in a California jail for alleged tweeting. EW.COM

CHIANG YING-YING/THE ASSOCIATED PRESS

Director Leon Dai with his four Golden Horses.

Taiwan drama wins big at Chinese Oscars

The Taiwanese social drama No Puedo Vivir Sin Ti was the big winner at the Chinese-language equivalent of the Oscars, winning best picture and best director for Leon Dai.

In annual Golden Horse Awards ceremony in Taiwan late Saturday, Hong Kong's Nick Cheung tied with China's Huang Bo in the best actor category — the first tie in the event's 46-year history. Cheung played a kidnapper in The Beast Stalker. Huang played a Chinese villager in Cow who protects a dairy cow from Japanese invaders in the 1940s.

Best actress went to China's Li Bingbing, who played an intelligence official for the Japanese-allied government in 1940s China in the spy thriller, The Message.

The documentary KJ: Music and Life won best documentary, best film editing and best sound effects. THE ASSOCIATED PRESS

In brief

TV ABC says Chris Brown will appear on its 20/20 newsmagazine Dec. 11. In what's billed as an in-depth interview, the singer will discuss his assault of ex-girlfriend and recording superstar Rihanna in February.

SCHOLARSHIP The Arabian Horse Foundation has established a scholarship in honour of the late actor Patrick Swayze and his wife. Swayze and wife Lisa Neimi owned Arabian horses and competed in shows for several years. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

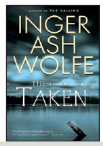
Love, loss and fear in London

BookPicks

Her **Fearful Symmetry**

Author: Audrey Niffenegger
Publisher: Alfred E. Knopf Canada
Price: $34.95 (Hardcover)

In the sophomore effort following her breakout debut The Time Traveller's Wife, Audrey Niffenegger explores bonding, loss and love with a paranormal twist in Her Fearful Symmetry. When Elspeth Noblin dies, she leaves her London home — on the edge of the notable Highgate Cemetery — to her American twin nieces Julie and Valentina. The girls take up residence and discover Elspeth's life and neighbours, including her lover Robert and the obsessive compulsive Martin. The girls' relationship is tested when they happen upon different paths in this unconventional tale.



The **Taken**

Author: Inger Ash Wolfe
Publisher: McClelland & Stewart
Price: $32.99 (Hardcover)

The Taken presents a story as mysterious as its author Inger Ash Wolfe, the pen name of an unknown but established Canadian writer. The novel returns to Port Dundas, Ont.'s acting police chief Hazel Micallef, who was introduced in Wolfe's 2008 book The Calling. During the 62-year-old's painkiller-induced recovery from a recent surgery, Micallef is called back to work after a body is found raveled in local fishermen's lines, a crime that oddly resembles a fictional series in the regional newspaper. Twisted and surprising, the novel takes Micallef through a series of enigmatic clues that begs the question: is she being set up?

The Brightest Star **In The Sky**

Author: Marian Keyes
Publisher: Michael Joseph
Price: $34.00 (Hardcover)

The latest novel by Irish author Marian Keyes follows the residents at 66 Star Street in Dublin. There's Maeve and Matt, newlyweds who mask unhappiness through their kind acts. Above, 80-something-year-old Jessica spends her days with her dog and reclusive son Fionn. Lydia, the tough, savvy cab driver lives atop them with her two Polish roommates. And self-conscious music publicist Katie inhabits the top flat, questioning whether her boyfriend will commit. This character-driven comic drama explores the varied experiences of the Star Street citizens, with frequent appearances by a strange visitor, set on probing their private lives. BRIAN COULTON/ FOR METRO CANADA

Swiss finalizing house arrest details

LEGAL The Swiss Justice Ministry says it will keep Roman Polanski in jail until at least today.

Ministry spokesman Folco Galli said Friday that more time is needed for the conditions of Polanski's house arrest to be fulfilled.

The 76-year-old director was granted $4.5 million bail on Wednesday on condition he remain under house arrest at his chalet in Gstaad and be fitted with an electronic bracelet.

The ministry is still deciding whether to extradite Polanski to the United States for having sex in 1977 with a 13-year-old girl. Authorities in Los Angeles want him sentenced after 31 years as a fugitive.

Polanski

Polanski was arrested Sept. 26 as he arrived in Zurich to receive an award at a film festival. THE ASSOCIATED PRESS

101 FRAMES . PRIDE
DECEMBER 5TH, 2009, 7PM, 301 BANK
TICKETS 10$, DOOR 15$
Ottawa's highly anticipated art event - 101 FRAMES Silent Art Auction & Party! The theme this year is Pride, the second in a seven-year series on the seven deadly sins. Don't miss out on fantastic artwork by local & international artists!
G-101 © Gallery 101, Galerie 101
301 1/2 rue Bank ST., Ottawa, Ontario K2P 1X7
t. 613.230.2799 info@gallery101.org www.gallery101.org

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/30/09 primetime	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		Battlefield Mysteries		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Wilson" (N)		(9:01) Lie to Me (N)		Heroes "The Fifth Stage"		News Final
	-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Ici Louis-José Houde (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)		Two/Half Men	Big Bang Th	Castle "Deep in Death"		Comedy Now
	196	311	7	CTV	etalk	Hollywood	Corner Gas	Shrek the Halls	*Wedding Crashers* ★★★ (2005, Comedy) Owen Wilson.				News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Little Mosque	Little Mosque	Just for Laughs		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Heroes "The Fifth Stage"		Trauma "Blue Balloon"		The Jay Leno Show (N)		News
	117	713	10	TVA	La Classe de 5e (N) (SC)		Yamaska (HDTV) (N) (SC)		Maxime Landry, Vox Pop (N)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	La Maison de	Rire et délire	CSI: NY (SC)		Le Mentaliste (SC)		Wipe Out	L'Attaque à 5	
	137	763	12	TFO	Panorama		Méga construction		*Les Légendes de Rita* ★★ (1999, Drame) Bibiane Beglau.				Bibliotheca
	-	362	13	CBS	The Insider (N)	Judge-Brown	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Head Case"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Over the Bolts
	214	344	15	CITY	Law & Order: SVU		How I Met	Accidentally	Trauma "Blue Balloon"		The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*The Bachelor* ★ (1999, Comedy-Drama) Chris O'Donnell.				*The Very Thought of You* ★★ (1999, Romance-Comedy)				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Grinch-C'mas	Shrek the Halls	Find My Family (N)		Castle "Deep in Death"		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Wilson" (N)		(9:01) Lie to Me (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Holiday Table	John McDermott: A Time to Remember			Straight No Chaser -- Live in New York			Charlie Rose
	205	312	104	CTV	etalk	Hollywood	Corner Gas	Shrek the Halls	*Wedding Crashers* ★★★ (2005, Comedy) Owen Wilson.				News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		Can't Stop Running		National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	PartyPoker.net		Best Damn-Pageant		Hooters Dream Girl		Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Monday Night Countdown		NFL Football New England Patriots at New Orleans Saints. (HDTV) (Live)					
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night RAW				Score Now
cable variety	411	457	56	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	59	SC	Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Barrett-Jackson		Car Crazy
family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	570	580	29	MM	The Daily Fix		Ranked!		Fabulous Life Of...		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Intervention "Asa"		Intervention "Marci"		Intervention "Linda" (N)		Hoarders "Augustine"		Hoarders
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Wild World	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.	
	521	560	34	TLC	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	Cake Boss	Cake Boss	Little People
	145	761	35	TV5	Vie privée, vie publique		Apocalypse		Les Fantômes de My Lai		Musées	Urbania	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		*His and Her Christmas* (2005, Comedy-Drama)				Bones		NCIS
	620	523	40	BVO	And They Danced		Dreams of Flight		Michael Bublé		Bravonews	Garrett Mason	Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs "Toilet Crusher" (N)		Canada's Worst Driver (N)		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	601	562	45	SLC	Rich Bride, Poor Bride		Last 10	Last 10	Instant Beauty Pageant		Plastic-Perfect	Plastic-Perfect	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Chris Rock: Kill the Messenger		Daily Show
	294	529	47	TBS	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*The Pelican Brief* (1993, Suspense)		
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Grendel* (2007, Adventure) Chris Bruno, Ben Cross.				Sanctuary
	581	566	53	MTV	Over the Bolts	Peak Season	Real World-Road Rules		The Hills	Peak Season	Peak Season	After	MTV Live
	618	524	54	TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
	522	506	55	HIS	Air Wars		Patton 360		Battles BC		Generation Kill "Bomb in the Garden"		
	129	773	60	CD	Biographies (HDTV)		Les Secrets du cerveau		Science du sport (HDTV)		Preuves à l'appui (HDTV)		Mayday
	261	394	61	V	Murder, She Wrote		My Husband	Summer Wine	A Song for Africa		Unscripted (N)	Archaeologist	Poltergeist
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It "Shanahan"		House	Divine Design	Love It-List It
	269	350	70	APTN	Sid le Kid vs. Alex le Grand		Notre Peuple (Part 2 of 2)		*Robe noire* ★★★ (1991, Aventures) Lothaire Bluteau.				La Cité
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef All Stars Dinner		At the Table	At the Table	Restaurant

critics'corner

Shrek the Halls
Shrek isn't a Christmas kind of guy, but Fiona loves the holiday, so he goes along — with a little help from Donkey and the rest of the fairy-tale gang. If this special doesn't join Rudolph, Frosty and the Grinch in the pantheon of holiday classics, something's wrong with the world. 8:30 PM on 7 CTV 20 ABC 104 CTV

How I Met Your Mother
Ladies, this actually is the type of stuff that goes through guys' heads. We're not sure whom to blame. Ted tries to prove he's not pathetic for being left at the altar, and Barney tries to impress Robin, who thinks fighting is sexy, by picking a fight with a bunch of guys sitting in their favorite booth. Will Sasso guest stars. 8 PM on 13 CBS 15 CITY

Heroes
Unexpected visitors greet H.R.G. Samuel's plan starts to come to fruition. Struggling to accept the truth, Peter takes extreme measures to get what he wants. Claire's journey leads her to an unexpected destination in the new episode "The Fifth Stage." 8 PM on 9 NBC: 10 PM on 3 GTV

Mrs. Beckham does a denim relaunch

Victoria Beckham is giving her denim clothing collection a makeover and relaunching it under her own name. The style queen's dVb range of jeans suffered a setback last year when stores pulled the collection from their shelves, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Former flame peeved at Jon Gosselin's Thanksgiving plans

HE TOOK A POWDER Jon Gosselin's ex Hailey Glassman wasn't thrilled at how the reality dad, 32, spent Thanksgiving, usmagazine.com reports. Goselin was supposed to spend the day with Hailey and her family, but when they split, he made plans to celebrate the holiday with his grandmother.

It turns out he went to Utah to go snowboarding.

"LOL-U are in Utah snowboarding w/'friends'-lol-ur redic," Glassman, 22, Twittered. Meanwhile, Kate spent turkey day with the eight kids at the family's $1.1 million home in Wernersville, Pa. Bodyguard Steve Neild, his wife and their kids joined them. Three menonite women also popped by the family home to leave a gift for Kate. METRO NEWS SERVICES

JLo's ex files $100 million suit

HE WANTS THE MONEY THAT SHE'S GOT Ojani Noa, ex-husband to Jennifer Lopez, is preparing a blockbuster lawsuit against the star and her business and legal team for $100 million US, reports radaronline.

After Noa attempted to produce a film featuring home video footage of Lopez — featuring a pantsless Lopez on a motorcycle — she sued for $10 million and won a temporary restraining order to bar the film from public consumption, usmagazine.com reports.

Noa's nine-figure suit charges Lopez, her father, lawyers and business associates with interfering in the project — and for fraud.

Lopez's mother, Noa's attorney claims, sold some of that home-video footage to Spanish language station Univision for $30,000 without Noa's permission.

Lopez and Noa — who wed in Feb, 1997 and divorced Jan. 1998 — are scheduled to meet in court Dec. 1.

The disgruntled ex-husband plans to submit the home videos in question … no matter what.

Ojani Noa's attorney said the following Friday:

"I believe that I have an unalienable First Amendment right to enter the JLo home videos into the public court record, so as to defend myself.

If Judge Chalfant has a problem with this, he can have me hauled out of the courtroom in handcuffs in front of the world media."

METRO NEWS SERVICES

Holmes talks through Twilight

A REAL CHATTY KATHY Several New Yorkers learned a difficult lesson last week: Don't sit in front of Katie Holmes at the movies.

The actress and a pal went to see New Moon, the latest in the Twilight franchise, and reportedly ruined the experience for those around them.

"Katie talked through all of New Moon," a source tells Fox News. "It was unbelievable."

METRO NEWS SERVICES

Architect bashes Pitt

SCORN ON THE BAYOU Brad Pitt has made quite an impact on the city of New Orleans since he started building new homes for those devastated by Hurricane Katrina. While the homes are first class, there are mixed reviews about his work and what is being done to help the city, popeater.com reports.

In an interview with the NY Times, James Dart, a Manhattan-based architect who was born and raised in New Orleans, described the houses as "alien, sometimes even insulting" adding, "the biggest problem is that they are not grounded in the history of New Orleans architecture."

But Dart still expressed admiration for Pitt. "He deserves a great deal of credit,"

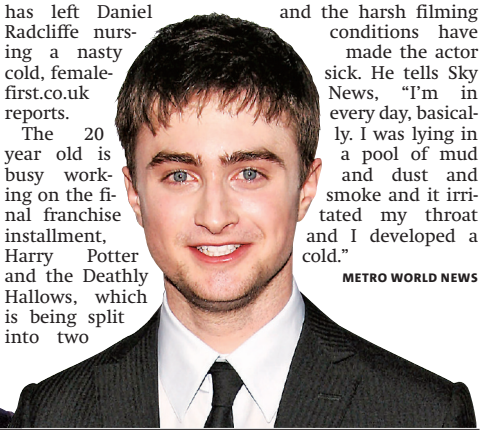
METRO WORLD NEWS

Intense filming leaves Potter star with severe sniffles

MILKING THIS FRANCHISE FOR ALL IT'S WORTH Filming for the new Harry Potter movie is so intense, it has left Daniel Radcliffe nursing a nasty cold, femalefirst.co.uk reports.

The 20 year old is busy working on the final franchise installment, Harry Potter and the Deathly Hallows, which is being split into two films. The story sees Radcliffe and co-stars Rupert Grint and Emma Watson's characters on the run — and the harsh filming conditions have made the actor sick. He tells Sky News, "I'm in every day, basically. I was lying in a pool of mud and dust and smoke and it irritated my throat and I developed a cold."

METRO WORLD NEWS



Celebrity tweets

Sandra Bernhard indulges in some late-night retail cravings, Fred Durst is prepared for bad reviews, and Stephanie Pratt gets all her holiday greetings done in one Tweet.

• @SandraBernhard heading to macys don't ask sometimes you just don't have any choice don't get me wrong i love macys at 2 am when they open the store just for me and my entourage

• @freddurst I wonder how many "cool" people will be pleasantly displeased by the new limpbizkit album.

• @stephaniepratt Oh my God I just want to wish you guy's happy holidays! Everyone have a wonderful Thanksgiving. Merry Christmas, Happy Hanukkah, Have a great Kwanzaa, and everything else and happy New Years.

METRO WORLD NEWS

DiCaprio back on with Refaeli: Source

IF AT FIRST YOU DON'T SUCCEED... Things appear to be heating up again for Leonardo DiCaprio and his fashion model ex-girlfriend, Bar Refaeli.

Sources tell Page Six the pair headed to Baker's Bay, an exclusive resort in the Bahamas, for a little quiet time. "They stayed in their own villa.

They were shacked up together all weekend," a source says. DiCaprio and Refaeli split up in June after dating for three years

METRO WORLD NEWS

GETTY IMAGES PHOTOS

Crowe digging archery

CROWING ABOUT A PASTIME Russell Crowe is "in love" with archery, femalefirst.co.uk reports. The actor learned how to use a bow and arrow ahead of taking on the title role in Robin Hood and believes his training made the movie better.

METRO WORLD NEWS

Where do *you* like to eat?

Vote for Ottawa's best, online at www.metronews.ca/ottawachoice ...enter early and often for your chance to win one of several exciting prizes!

EVERYBODY WANTS TO KNOW!

Join us in celebrating what Ottawa loves to do in our special Readers Choice Awards issue on December 11th!

METRO CHOICE AWARDS 2009

ARC THE HOTEL
LA MAISON D'OR
Tuesday's
GCTC
40 years 40 ans NATIONAL ARTS CENTRE CENTRE NATIONAL DES ARTS
CENTREPOINTE SHENKMAN
Ottawa THEATRES

The Weather Network
©The Weather Network 2009

Today
Partly sunny
2° / -8°

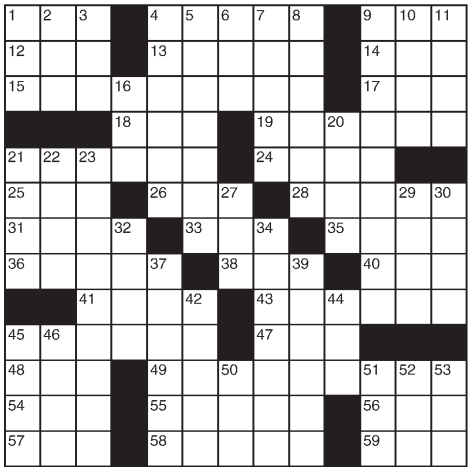
Tuesday
Variable
0° / -4°

Wednesday
Rain and snow
5° / -3°
60%

TAKE THE WEATHER WITH YOU
visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			8	2	1			4
	1				6	7		
				5				
8		4					5	
	5	9				6	4	
	6					8		3
				3				
		7	4				9	
9			1	8	5			2

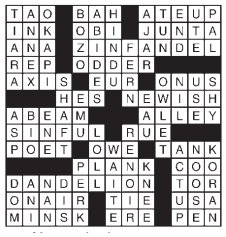
ACROSS

1 Energy
4 Manila hemp
9 Legume
12 "— Kapital"
13 Man of La Mancha
14 Jamaican export in a bottle
15 Plaster ingredient
17 Rage
18 — -CIO
19 Follower of Brigham Young
21 Hire
24 Lotion additive
25 By way of
26 Carpet
28 "Peter, Peter, pumpkin —"
31 Sea eagles
33 9-Across holder
35 It ain't worth a nickel
36 Of birth
38 Dict. information
40 Wrong (Pref.)
41 Curved molding
43 "Everybody Loves Raymond" brother
45 Maiden in distress?
47 Savings plan acronym
48 Midafternoon, on a sundial
49 Musical mobile, maybe
54 Branch
55 "— Grows in Brooklyn"
56 Book spine abbr.
57 Caustic solution
58 Decade parts
59 Sweet potato

DOWN

1 Fast (Abbr.)
2 — de cologne
3 Omega preceder
4 Request
5 Bankrupt
6 Blackbird
7 Punctuation mark
8 Coloured ring
9 8 to 11 p.m. on TV
10 Modern coin
11 "So be it"
16 Western st.
20 Street
21 Divisible by two
22 Actress Sorvino
23 It goes without saying
27 Deity
29 Eastern potentate
30 Whatever's left over
32 Droops
34 One given to mockery
37 Elbow room
39 Impels
42 The 400
44 "Phooey!"
45 Rotary phone part
46 Ethereal
50 Gun lobby org.
51 Wall-climbing plant
52 Extinct bird
53 "Slippery" tree

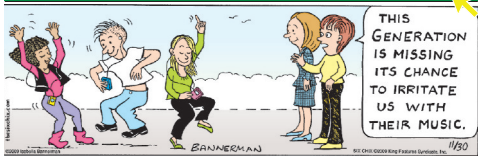
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	2	3	1	8	5	9	4
3	5	9	6	4	7	8	2	1
8	1	4	9	5	2	7	6	3
9	2	3	5	6	4	1	8	7
1	8	5	7	9	3	6	4	2
4	6	7	2	8	1	9	3	5
7	9	6	4	3	5	2	1	8
5	4	8	1	2	9	3	7	6
2	3	1	8	7	6	4	5	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Creamy Chicken Korma

INGREDIENTS:

1 tbsp (15 ml) canola oil
1 onion, chopped
1 tsp (5 ml) finely chopped fresh ginger
2 tbsp (25 ml) korma curry paste or powder
1 lb (500 g) skinless chicken breast fillets, thickly sliced
2/3 cup (150 ml) hot chicken stock
14 oz (398 ml) can coconut milk
1/2 cup (125 ml) ground almonds

METHOD:

1. Preheat oven to 350 F(180 C). Heat oil in flameproof casserole and lightly cook onion and ginger 4-5 minutes or until softened. Stir in curry paste or powder and cook over low heat 1 minute.
2. Add chicken slices to casserole, stirring to coat in spicy onions. Add stock and coconut milk; bring to boil. Season. Cover with tight-fitting lid, then put in oven and leave to cook 45-60 minutes.
3. When ready to serve, remove casserole from the oven, and stir in ground almonds to thicken sauce.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Most likely this will be one of those days when you'd rather be anywhere else. You'll get away from it all soon, but for now, do what's expected of you.

TAURUS ♉
APRIL 21-MAY 21
Inspiration comes and goes but effort always gets results, so keep plugging away at your latest project. You're close to a breakthrough, so have faith.

GEMINI ♊
MAY 22-JUNE 21
It may seem like someone is being obstructive, but was there was something you said or did over the weekend that turned that person against you?

CANCER ♋
JUNE 22-JULY 22
Why are you so pessimistic about your prospects? Things may not being going as well as you hoped they would be but life is full of ups and downs.

LEO ♌
JULY 23-AUG 23
Recent changes may have been unsettling but keep telling yourself, over and over again, that in the long-term they will work in your favour.

VIRGO ♍
AUG 24-SEPT 22
Do something today that livens up your home or your work environment. Focus on what makes you feel good. Ignore the rest.

LIBRA ♎
SEPT 23-OCT 23
The planets indicate this is going to be an important week and by the end of it you will have made a number of major lifestyle and career changes.

SCORPIO ♏
OCT 24-NOV 22
You know you have made an error and you know you will have to make amends to those you have wronged, so why are you finding it so hard to do?

SAGITTARIUS ♐
NOV 23-DEC 21
Usually you can trust your instincts but you would be wise to get a second opinion before taking action. Could there be something you have missed?

CAPRICORN ♑
DEC 22-JAN 20
Now that Saturn, your ruler, is transiting the career area of your chart, your dealings with people in authority are of even more importance than usual.

AQUARIUS ♒
JAN 21-FEB 18
Is someone keeping something from you? It would appear that they are. But is it something you need to know? Probably not.

PISCES ♓
FEB 19-MARCH 20
Don't let other people get rich at your expense. You cannot afford to take it for granted that they will treat you fairly. It's up to you to protect yourself.

Today in history

1872: The first-ever international soccer match takes place at Hamilton Crescent, Glasgow, between Scotland and England.
1954: In Sylacauga, Ala., the Hodges Meteorite crashes through a roof and hits a woman taking an afternoon nap in the only documented case of a human being hit by a rock from space.
1999: In Seattle, Wash., protests against the WTO meeting by anti-globalization protesters catch police unprepared and force the cancellation of opening ceremonies.

METRO NEWS SERVICES

FLIGHT CENTRE Unbeatable

Cancun
7 Nights 4-Star All-inclusive
$585
Oasis Cancun + taxes & fees $272
Departs Dec 3/swg/wg.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

TRAIN FOR AN EXCITING CAREER

DIPLOMA PROGRAMS IN:

Personal Support Worker
- 24 wk program including 11 wk co-op work placement
- NACC endorsed

Medical Office Assistant
- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

Paralegal
- 44 wk program including 4 wk co-op work placement
- multiple legal employment opportunities

LSUC Accredited

NEW

Fitness and Health Promotion
- 43 wk program 4 wk externship
- CanFitPro Onsite testing centre including
- FIS PTS NWS Certifications

Accounting and Payroll Administrator
- 33 wk program
- multiple accounting employment opportunities

Travel Counsellor
- 28 wk program including 2 wk co-op work placement
- CITC endorsed

Pharmacy Technician
- 40 wk program with 8 wk co-op work placement
- CCAPP accredited

Call Today

Classes Starting Monthly!

613-722-7811

www.algonquinacademy.com

ALGONQUIN CAREERS ACADEMY™

1644 Bank Street